



▶ Healthy and Fitness

For the past several years, there is hullabaloo on the need to be slim. Grocery shelves are filled with several food supplements and other products that promise certain health and wellness benefits. Home TV shopping channels also offer everything from slimming tea to herbal soap to 'instant abs' exercise gadgets. Gyms across the country are fast gaining members who are willing to sweat it out just to burn excess calories from mindless munching and eating.

There is also an increasing number of vegetarianism and raw food diet converts who vow to trade juicy hamburgers for fresh vegetables and fruits. People who are stressed out dream of luxurious spa treatments, Thai and Swedish massages, and detoxification diets.



All of a sudden, there's the need to attain fitness and healthy living. This desire can be attributed to man's realization that the world he is living in is too polluted and toxic. Fitness and healthy living seems to be man's only hope in staying sane and sound in this otherwise hostile world.

If one wishes to achieve fitness and healthy living, he should go for 'holistic' approach. A person who wants to have super-fit body goes to the gym a lot and sticks to rigorous exercise routines. There's nothing seemingly wrong with this but he should also see to it he is eating the right kinds of food. It is not enough to be physically fit outside; one has to strive to be internally and externally healthy. Body builders have to follow specific diets appropriate for his physical needs. It is a must to consult personal trainers who can prescribe a proper workout routine and the corresponding diet needed for such routine. Furthermore, people with weight problems should not only focus on improving their diet. Overweight and obese people also need to regularly exercise. One sure way to improve one's health condition is through exercising and eating wisely. A person should consider these two key aspects as a two-in-one package.

Fitness and healthy living cannot be attained without the exercise of one's will. An overweight person cannot be fit and healthy just by watching TV all day and expecting to wake up slim the next morning. Fitness and healthy living requires a lot of effort and involves many decision-making opportunities. One must be really determined to improve his diet and religiously follow exercise routines to be able to resist temptations that may go along the way. Sometimes, it is too tempting to pig out a little more often and to just watch movies at home instead of exercising and eating good food.

Improving the quality of life through health and nutrition involve following a diet pattern and adequate levels of nutrition to prevent diseases and maintain physical fitness. Issues of malnutrition would be related to deficiencies of vitamins or nutrients and intake of supplements form an important part of disease prevention strategy and helps in improving energy levels. The use of supplements in disease conditions such as high cholesterol levels has been studied to understand the positive and negative impact of dietary supplements on the health of individuals.